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"What I say unto you I say unto all, WATCH."—Jesus

**THE
UNIQUE
ANSWER TO
DISCOURAGEMENT**

DREAM OR NIGHTMARE, IT ISN'T TRUE

- 1873 **Christian Science and the Human Condition**
Patience M. Canham
- 1876 **What Are You Thinking?** Maud Bennett Nichols
- 1880 **Dream or Nightmare, It Isn't True** Robert A. Moss
- 1882 **"Sing unto the Lord a new song"** (Poem)
Maryl Freeman Walters
- 1883 **"Inspiring discontent"** Michael D. Rissler
- 1886 **No Greater Miracle** Jamae Wolfram Richardson
- 1889 **True Understanding—How Important It Is!**
William Douglas Alder
- 1892 **Alone—with Company** (Poem) Gerald Stanwell

FOR CHILDREN

- 1891 **About Grasshoppers** Evelyn M. Pinnell

EDITORIALS

- 1893 **The Unique Answer to Discouragement**
- 1895 **You Can Be Strong**

TESTIMONIES AND FEATURES

- 1899 **Testimonies of Christian Science Healing**
- 1908 **Christian Science Lectures**

[The next issue of the Sentinel, November 7, will include articles and an editorial of special interest to teen-agers.]

Founded in 1898 by Mary Baker Eddy,
Author of the Christian Science Textbook,
Science and Health with Key to the Scriptures



Marca Registrada

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Christian Science Sentinel®

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"What I say unto you I say unto all, WATCH." Jesus

Not in the grip of age phases

Christian Science and the Human Condition

PATIENCE M. CANHAM

Library and bookstore shelves are loaded with self-help books—how to deal with tension, how to understand and like ourselves, how to cope with the successive changes of adult life, and many others. Some of these books describe the phases of human existence so vividly it is possible to find oneself thinking, "That is *exactly* how I feel."

One may also be tempted to feel that Christian Science, teaching as it does the unchanging perfection of our nature as children of God, simply does not relate enough to our humanity. Actually, this is not so. Christian Science relates accurately and specifically to every problem of human life—*every* problem. But whether we find in it the help we want depends on what we are looking for.

Of course we want to improve the human condition! We need to face the challenges of passing decades honestly and grow with each challenge. But is it enough just to deal in human terms with

human life? If we accept the conditions of human life wholesale—birth, childhood, growing up, growing older . . . and older—where do we inevitably end? It may seem interesting and harmless to discuss emotional changes of our thirties and our forties, but what about our nineties?

Christian Science does not ever tell us that we are in the grip of human conditions, that the course of our lives must be affected by physiological, chemical, and emotional changes over which we have little control. It will never urge us to understand phases of human life *as actually our own condition*. Nor, on the other hand, does Christian Science tell us that we are automatically released from meeting all the problems and responsibilities of human life.

Christian Science shows us how to live our spiritual identity right in the midst of human life. This Science shows that there is never any separation between God and man—that we are here and now what God, divine Mind, knows us to be. Spiritual living begins the moment we identify ourselves as God-created and know that our real identity is not subject to human environment and heredity. Or, to put it another way, spiritual living becomes present experience when we glimpse something of the one divine Ego, and the human ego ceases—if only for a second—to have interest for us. Spiritual living is not a pious, holier-than-thou separateness. As our spiritual identity becomes more certain to us, the life we live expresses more of reality. Then we can help people and heal human difficulties.

Someone once asked me how I thought Christ Jesus *felt* when he said, "I and my Father are one."¹ The good thing about questions like that is that years later one is still answering them. The more I have thought of the certainty and selflessness and spiritual perception behind such a statement, the more my spiritual understanding has developed.

Jesus' life remains a pattern to be followed. Think of the good he did and how it affects our lives today. One just cannot conceive of him saying: "I'm in the thirties' crisis. Perhaps I'd better not start my ministry yet." He was compassionate about human problems. He cared enough about Jerusalem to weep. But he did not get so involved with a situation that he was swept along by it, nor did he identify with it. The Discoverer and Founder of Christian

Science, Mary Baker Eddy, says, "Jesus taught us to walk *over*, not *into* or *with*, the currents of matter, or mortal mind." ² Jesus' unity was with God. So is ours.

The Bible tells us, "In him [God] we live, and move, and have our being." ³ These words present the facts of spiritual life—our life now. We can live so as to be conscious of God's presence with us, God moving us, God telling us what we are. We can cultivate awareness of the things of Spirit. We can cherish our spiritual identity as the beloved of God. To the "I" of our spiritual identity there is nothing to be afraid of—ever. The more real the constants of our spiritual life become to our perception, the more compassionate we can be about varying phases of human existence. And we should always be compassionate to humanity—whether it appears to be our own or someone else's.

Without a spiritual base, people are at the mercy of emotions of all sorts—fear of the unknown, of sickness, of failure, of aging. Without spiritual alertness we can fall prey to the fascination of self-analysis, discussions about personality, moods, attitudes. Behind this self-absorption lies the basic human need to know the answer to "What am I?" and "What will I become?" It is this void in human life that many authors and counselors of various kinds are trying to fill. They will approach success to the degree that they focus on God as the source and center of all being.

Only God can satisfactorily fill the hollowness in human life, for only God can tell us what we truly are. In a reassuring statement Mrs. Eddy explains: "John saw the human and divine coincidence, shown in the man Jesus, as divinity embracing humanity in Life and its demonstration,—reducing to human perception and understanding the Life which is God." ⁴ We are not left on our own with a human personality we are trying to cope with. Spiritual living allows our divine sense of "God with us" to embrace our humanity. In this secure relationship our questions will dissolve into answers because we will *be* what we really are, and "the human and divine coincidence" will become apparent. The human will follow the divine pattern; it will not have to follow the fleeting phases of human conditions.

The course of our lives is set by God, not by human conditions. Once we have begun living with God—living that is not restricted

by or dependent on time—our days and years will follow God's pattern. Nothing can interfere with that. The changes that occur will be changes impelled by our understanding of God's will for us all, and we will have nothing to fear from them.

The constant of our spiritual unity with God will carry us over the ups and downs of human experience, blessing us and the whole human condition in the process. Mrs. Eddy has given us a route that will never lead us astray. She writes: "The calm, strong currents of true spirituality, the manifestations of which are health, purity, and self-immolation, must deepen human experience, until the beliefs of material existence are seen to be a bald imposition, and sin, disease, and death give everlasting place to the scientific demonstration of divine Spirit and to God's spiritual, perfect man."⁵

¹ John 10:30; ² *Unity of Good*, p. 11; ³ Acts 17:28; ⁴ *Science and Health with Key to the Scriptures*, p. 561; ⁵ *ibid.*, p. 99.

What Are You Thinking?

MAUD BENNETT NICHOLS

Is there a definite standard for thought? Indeed there is. Just as there is for good social and moral conduct.

Good social conduct may be a cover-up for sin. Good moral conduct may be the result of fear and not necessarily love of good. But a right standard of thought is basic. It is the most important standard of all. For even though one's social and moral conduct are apparently acceptable, if his thought is undisciplined—not consciously based on divine Principle, the one creative Mind, or God—he is open to trouble by being led astray.

Haphazard mental habits are sometimes so deeply entrenched that it may take effort to recognize them. But if we know we

must overcome such habits and pray humbly to have them revealed to us, we will be able to spot them and eradicate them.

No thought is too unimportant to exempt from scrutiny. Each one is either confirming the truth of our being—the Christliness of our true identity as children of God, immortal Life—or it may be leading us into the bypaths of mortality. Erroneous thoughts tend to produce sickness, unhappiness, and death and should be promptly checked.

The biggest job we have, and the most important, is to keep our thoughts at one with God, with divine Mind. Christian Science helps us to discipline our thought habits, reform our tastes and desires, by bringing them into obedience to the laws of divine Mind, thereby producing more harmonious human conditions.

This progressive transformation of thought enables us to help others as well as ourselves. It gives us a standard against which we can judge current news and views, assess their reliability and worthiness, and help correct what is wrong in human affairs and mores to bring about a better world.

In order for us to think correctly, scientifically, intelligently, our consciousness must be imbued with the understanding that the divine Mind is supreme. We need to realize, in fact, that divine Mind is omnipresent and omniactive, the only Mind, and that this Mind is Spirit, divine Love. Mind is not material, not mortal, not corporeal. It is infinite. And man is Mind's expression, or idea, reflecting the thoughts existent in that divine Mind. We need to guard our individual mentalities by pondering and accepting these great truths. Then we will not allow prejudices to influence us. We will not let in resentment and hatred. We will refuse to be panicked by the fear of any supposed power opposed to good.

We have in Christian Science the light of Truth to guide us. If our habits, tastes, and desires are not in accord with Truth and Love, they can be completely purified and reformed if we consciously submit our thoughts to Truth and compare them with the standard of divine Principle.

Truth is divine Mind. It is always active, always definite. Truth dissipates a dreamy, mesmeric state of thought. It cuts through the unimportant, the superficial, the emotional—through all that is material—and brings in the light of spiritual reality. This

light clarifies and enlivens human thought and harmonizes our daily affairs.

I once heard a Christian Scientist say, "Aim to keep your thinking so that anyone, anytime, anyplace, could look in on it and you wouldn't be ashamed." What a transformation there would be in the world if everyone obeyed this admonition! This state of mental alertness would rule out every inane, careless, resentful, unhealthy thought from human consciousness and leave nothing that needed to be covered up, nothing that could depress with fear or guilt.

True self-government—the reflection of God's own government—would be established. The reins of government would be in our own hands according to God's law, and we would no longer be tempted to trespass upon our neighbors' right of self-government.

In *Science and Health* we read, "Hold thought steadfastly to the enduring, the good, and the true, and you will bring these into your experience proportionably to their occupancy of your thoughts."¹ There is nothing vague nor uncertain about this statement by Mrs. Eddy. It gives us something definite and unequivocal to do.

The world is made up of thinking individuals, and its government and welfare—individual and collective, national and international—depend on the thoughts these individuals entertain. Hence the importance of our maintaining a standard of thought in accord with the highest ideals of Christianity.

Because our thought determines the state of our universe and our dearest wish is to live in a world where harmony and love and prosperity are shared by everyone, we should allow no room in our thought for destructive criticism of others. No room for envy or rivalry. No room for anything but the active, progressive practice of holding thought to the divinely good, the spiritually true.

This Christly standard of thought, cultivated, persisted in, reveals in us God's love, which destroys fear. His perfect love, in fact, removes from our thought *all* forms of resistance of the mortal, so-called mind.

If we have accepted wrong thoughts consciously or unconsciously, this Christly standard will alert us to the error and guide us back to the right course. And as we hold to divine Truth, animal

magnetism, regardless of its guise, cannot persist in thought and obstruct our expression of God's love. The recognition of this fact is a powerful tool in eliminating fear.

Our inmost thoughts and convictions determine our every word and act, and to the degree that we align thought with Truth, what we say and do contributes to the peace and harmony of the world.

In the Gospel of John we read: "God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. For God sent not his Son into the world to condemn the world; but that the world through him might be saved."²

The thoughts of each one of us are of the utmost importance. The effect of good thoughts is the externalization of good. The future of our universe literally depends upon what we are knowing of the power of good, God—not upon weaponry or even upon human diplomacy, although at present both seem necessary. But our weaponry will become less needed and our diplomacy more effective as our thought more and more patterns the divine.

Paul said, "The weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds."³ Our understanding of God's power can overcome the obstacles to peace and good government that ages of erroneous thinking may have built up for individuals as well as for nations.

God is Love, omnipotent and omnipresent. God is omniactive divine Mind, our very Life. God can so transform the thoughts and actions of mankind that all nations "shall beat their swords into plowshares, and their spears into pruninghooks: nation shall not lift up sword against nation, neither shall they learn war any more."⁴

This promise and prophecy, made thousands of years ago, is not in vain. The laws of God's universal, harmonious government of man, which are already present in every human consciousness, were demonstrated in the unsurpassed life and work of Christ Jesus. The Way-shower did this work for all people and for all time.

Mrs. Eddy tells us, "We must realize the ability of mental might to offset human misconceptions and to replace them with the life which is spiritual, not material."⁵

¹ *Science and Health*, p. 261; ² John 3:16, 17; ³ II Cor. 10:4; ⁴ Isa. 2:4;
⁵ *Science and Health*, p. 428.

“... wake up!”

Dream or Nightmare, It Isn't True

ROBERT A. MOSS

A widespread belief that keeps people from the worship of God is that He knows of human want and woe and does nothing about them. Students of Christian Science can't go along with this belief.

This Science shows clearly that divine Love and mortal error are incompatible. God, good, is infinite, All, and anything unlike Him has no substance, no real existence.

What, then, are sin, disease, want, and woe, and where do they come from? When Shakespeare wrote, “We are such stuff/As dreams are made on,”¹ he touched upon a truth that Christian Science explains and expounds. The whole of mortal existence—mortals, mortality itself with its pleasures as well as its pains—is a dream of the erring material senses. A dream seems real until one awakes from it; but good or bad, a dream is never anything more than illusion.

The waking dream of mortal existence is sometimes as distressing as a sleeping dream; the remedy is the same—to wake up! St. Paul reminds us, “Awake thou that sleepest, and arise from the dead, and Christ shall give thee light.”²

Christian Science enables us to awake to the great spiritual realities of being and by doing so progressively to bring into our present experience better health, supply, and activity. This awakening is mental, spiritual. A verse in the *Christian Science Hymnal* rousingly calls us to recognize reality:

O dreamer, leave thy dreams for joyful waking,
O captive, rise and sing, for thou art free;
The Christ is here, all dreams of error breaking,
Unloosing bonds of all captivity.³

Jesus appeared in the human dream, but his Christly selfhood knew only the living truth of man's perfection as the child of God.

Christliness gave him the power to dispel unreality for others, to heal their sickness and sin, and to raise them from death. Jesus broke the dream presentation of the material senses—the dream that began, according to the myth of Genesis 2, with the falling of a deep sleep on Adam. Christ Jesus, through his ascension, showed us the way to awake from this dream.

The suffering so often produced by the dream of life in matter spurs us into waking up, but the more excellent way is the salvation to be found in divine Science, which reveals the perfection of every man's real selfhood. Thinking they were strangers to Science, I once greeted as newcomers a couple who attended the branch Church of Christ, Scientist, of which I was a member. But they shook their heads. "We used to come," they said, "but we left. Now we've come back because of trouble." Woes can be a blessing in disguise if they prod us into seeking wakefulness from the sense dream; comfort in matter offers no such incentive.

At one time I sought a complete rest from pressures and problems at a seaside resort, where I did nothing but eat and sleep. At the end of my stay I was not rested; on the contrary, I felt leaden-heavy, dull, and listless; but I'd learned a lesson—that slumber and inactivity do not give true rest. As Mrs. Eddy reminds us, "The consciousness of Truth rests us more than hours of repose in unconsciousness."⁴

Man is God's reflection, inseparable from Him, and because God does not sleep or dream, neither does man. Many Christian Scientists have received sudden illumination of a passage in the Bible or Mrs. Eddy's writings as awakened spiritual sense casts brilliant light on it and opens up a new interpretation and deeper understanding of familiar words. May it not be that what we call genius is evidence of an awakened perception of some aspect of divine Truth, Love, creative Mind?

Continuous activity in expressing the God-derived qualities of compassion, joy, intelligence, humor, kindness, courtesy, in everyday life, can be potent in dispelling the dream of the senses for oneself and others. Sin and suffering can be healed because they are only phases of a waking dream—shadowy illusions, however real their seeming. Only by understanding their illusory nature can their

unreality be demonstrated and their baneful effects be banished. "Entirely separate from the belief and dream of material living," writes Mrs. Eddy, "is the Life divine, revealing spiritual understanding and the consciousness of man's dominion over the whole earth."⁵

¹ *The Tempest*, Act IV, scene 1; ² Eph. 5:14; ³ *Hymnal*, No. 202; ⁴ *Science and Health*, p. 218; ⁵ *ibid.*, p. 14.

"SING UNTO THE LORD A NEW SONG"

Isaiah 42:10

I've heard enough
of the old
tired
repetitive
over and over again
jingle that mortal mind sings—
the still sick
still poor
still sad
song of false beliefs.

I will sing a new song
of fresh joy
renewal
rebirth
reawakening
unto the tender, caring Lord—
a never sick
never poor
never sad
song of healing expectancy!

MARYL FREEMAN WALTERS

"Inspiring discontent"

MICHAEL D. RISSLER

When we first feel the touch of the healing Christ, discontent may be the last thing we think of. A disease disappears and we are exuberant. A floundering marriage gains new stability and promise as deeper, more spiritually based affection is practiced. Burdening fear and confusion about God dissolve as we find refuge in divine Love.

And yet even in these bright moments we may feel a deep discontent with matter—a rebellion against material theories that deny man's innate spirituality, ability, and worth. This deeper stirring, which commences as spiritual truth breaks through human consciousness and experience, is to be expected. Mrs. Eddy states, "All men shall be satisfied when they 'awake in His likeness,' and they never should be until then."¹

Spiritually impelled discontent invites spiritual growth and greater Christianity. But such discontent assumes noble dimensions only as it is joined with self-immolation. In this way the human view of life yields to the spiritual understanding that man is the offspring, the image, of perfect Life, Truth, and Love—God.

Sometimes we approach Christian Science asking for more than we are willing to receive. Such instances illustrate the value of cross-bearing experiences that prepare the human heart for yielding to divine reality. For example, a promising young man came to Christ Jesus. He had wealth and apparently a good upbringing. He wanted more, though, and showed a deeper interest in life. He questioned Jesus about eternal life and how he might gain it. Jesus extended an invitation: "If thou wilt be perfect, go and sell that thou hast, and give to the poor, and thou shalt have treasure in heaven: and come and follow me."² Unprepared to go so far,

the young man went away saddened. Still too content with his life as it was, he let the invitation go.

As we study and live the Christ Science, the challenges to yield to divine reality may overshadow the healing we originally found through Science. We need not be surprised. The straight and narrow way illustrated throughout the Scriptures, as well as the chapter "Atonement and Eucharist" in *Science and Health* by Mrs. Eddy, promises no apathetic or indolent journey. Truth, after all, is omnipotent. Not only must the false pains of matter go; the pleasurable material trusts must go as well.

The dichotomy between wanting to get rid of pain and holding on to the pleasure that matter is supposed to offer, is the result of embracing the thought of life as material, and not spiritual. Growth Spiritward demands growing independence from material trusts and beliefs and progressive recourse to God.

At some point in one's study of Christian Science one's purpose coincides with this deeper, spiritual goal. Then the cross of Christianity does not hinder one's pursuit of its crown of rejoicing. Against the marginal heading "Inspiring discontent" we find Mrs. Eddy's explanation of the apparent contradiction between the discomfort and blessings that flow from the same source: "The world could not interpret aright the discomfort which Jesus inspired and the spiritual blessings which might flow from such discomfort. Science shows the cause of the shock so often produced by the truth, —namely, that this shock arises from the great distance between the individual and Truth."³

We need not despair. But neither should we approach Christian Science ignorantly, as many approached Christ Jesus, and then later turn against it.

Christian Science shows the way of salvation from all error. It shows the destructiveness and impermanence of matter and material trusts. At the same time Science frees us from evil, whatever form it takes. Christ Jesus showed us the way; Christian Science makes it possible for each one to walk in it. Our challenge is to stand fast in the face of evil, knowing that God, divine Mind, always supplies the means, opportunity, and grace to see and prove His allness and ever-present care. Paul wrote, "There hath no temptation taken you but such as is common to man: but God

is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it."⁴

The revelation of God to this age through Christian Science is complete. The temptation to despair or doubt can be regarded as a call to a deeper investigation of the Bible and of *Science and Health*. Laying aside past judgments, worldly ideals, and tarnished plans, we are freed to know the thoughts of God, which counter all fear and thus destroy all evil. Only through receptivity to the divine will can we fulfill our high destiny and show forth our Christly standing as God's dearly loved offspring. Paul wrote, "Be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."⁵

Furthermore, we strengthen our efforts as we abide in the law of the first commandment. God is the one Mind, creating and originating all that is real and permanent. Our prayer does not establish God's reign; rather it lifts the veil from our own view of things and reveals God's work—with which He is satisfied. Lasting satisfaction for you and me comes as we abide moment by moment in this Christly vision.

But this satisfaction causes no "ivory tower" consciousness. It corresponds to the baptismal cleansing that washes away the foreign overlay which would obscure our true status. "Jesus of Nazareth was the most scientific man that ever trod the globe," Mrs. Eddy points out. "He plunged beneath the material surface of things, and found the spiritual cause."⁶

Thus in Christian Science the days of our discontent lead not to despair, destructiveness, or cynicism. Instead, we join with Job in his praise of God: "I have heard of thee by the hearing of the ear: but now mine eye seeth thee."⁷ The days of Job's captivity came to an end. Discontent with matter results from the law of Love, wherein the perception of God's allness destroys evil.

¹ *Miscellaneous Writings*, p. 358; ² Matt. 19:21; ³ *Science and Health*, p. 53; ⁴ I Cor. 10:13; ⁵ Rom. 12:2; ⁶ *Science and Health*, p. 313; ⁷ Job 42:5.

No Greater Miracle

JAMAE WOLFRAM RICHARDSON

Because of his close and constant walk with God and unwavering fidelity to Him, Abraham was called in Scripture "the Friend of God."¹ Most of us fall far short of an example like that. But God still cares for us. "I girded thee, though thou hast not known me,"² we read in Isaiah. And as we grow in the understanding and security of His love, we become better friends to ourselves and to others. We learn to love more nearly as God loves, and to be unhurt by lack of response or unjust rebuke.

Friendships may seem to bring pain as well as joy. Christ Jesus addressed his disciples as friends. Clearly, he loved them, yearned over them, forgave them. Yet that friendship did not protect him from treachery and betrayal, nor did it offer him much support in his darkest hour. His turning, in Gethsemane, from the material to the spiritual was the prelude to his victory on Calvary. He had to relinquish human yearnings, which can be crucified. We must do this, too. Mrs. Eddy asks in *Science and Health*, "Would existence without personal friends be to you a blank?" And she continues: "Then the time will come when you will be solitary, left without sympathy; but this seeming vacuum is already filled with divine Love. When this hour of development comes, even if you cling to a sense of personal joys, spiritual Love will force you to accept what best promotes your growth. Friends will betray and enemies will slander, until the lesson is sufficient to exalt you; for 'man's extremity is God's opportunity.'"³

It's clear from her writings that Mrs. Eddy valued friendship, yet she saw a false sense of it as an obstacle to spiritual progress. She endeavored to put Principle ahead of person, and this brought her years of apparent loneliness, frequent betrayal, and condemnation.

For most of us there is an all-too-common fear of being alone and

a tendency to measure our self-worth in terms of popularity or others' approval. We've seen, or perhaps felt, an insistent push to be with others—to be recognized and accepted by a group. Or maybe we have made the sad mistake of confusing genuine friendship with its counterfeit—mere personal infatuation or a self-focused using of another. All these errors, including the arrogance and self-righteousness that outline the right thing for others to do and are inevitably disappointed when others don't measure up to our requirements, must eventually be corrected. Dependence on persons is bound to fail.

What Love is actually giving us to accept is a much higher, more deeply satisfying sense of companionship. For in rising above a merely personal sense of friendship with its uncertainties, its possessiveness, its restrictions, we learn to find in God the perfect friend. This doesn't mean our becoming recluses, totally withdrawn from others or indifferent to them. Nor does it mean covering our sensitivity beneath a hardened shell, keeping others at arm's length, fearing to trust. It does mean learning to lean on God, to companion with His thoughts—to fill our solitude with His truth-filled messages until these take form in ways appropriate to our need. It means establishing a unity with Him that brings us to perceive our perfect harmony with His ideas—the universal family.

Speaking of the real man, Mrs. Eddy states, "He is the compound idea of God, including all right ideas . . ." ⁴ Man can never lack any good thing. Man's reflection of all-inclusive good precludes want; not one right idea can be missing.

What is the greatest love one can bestow on another? Isn't it to see him as he is—to behold his true and unblemished selfhood right where a mortal seems to be? The office of Christian Science practitioner becomes, in this light, the office of friend, and the opportunity "to shew unto man his uprightness." ⁵

Right within one's own thought, in his heart, he can reach out and lovingly embrace every other individual, seeing him as an idea of God. No one can be so remote, so distant, that he cannot be touched with love, mentally acknowledged as held in holiness. One can go forth delighting in every least human evidence of goodness, knowing that good alone is real. Does this mean that one must forgo the special closeness of a deep relationship? No, but one should not

place on another the intolerable burden of his happiness. Friendship, thus freed, becomes more enjoyable and expansive.

In truth, man's real and indestructible relationship is with God. And sooner or later, each one will be forced to seek and find in God whatever he has vainly looked for in another human being. But the spiritual unity of each individual with infinite Mind means, in the last analysis, harmony among Mind's ideas. Not even the experience called death can really separate us, since each one dwells in eternal Mind. In thought one can behold and cherish those he loves.

What is one to do when a sense of estrangement develops? Or when a friendship or relationship seems broken? He can know that every bit of good inherent in the relationship is as permanent as God Himself. In fact, good is all that's real or that has actually gone on in the relationship. Whatever the obstacle, Love can remove it. One can steadfastly maintain the indivisibility of God and man and perceive every idea held fast in Love's safekeeping. He can endeavor to divorce from himself every trait or tendency—hurt feelings, self-justification, blaming others, personal possessiveness—that might impair or prevent a return to normalcy. He can pray for self-correction and for a recognition of harmony right where discord seems to be. He can know that whatever God has given him cannot be taken from him or lost through neglect.

An impaired or broken relationship can no more express the truth of being than an impaired or broken structure. God maintains the health and harmony of all He creates. Does this understanding truly "restore to you the years that the locust hath eaten"? ⁶ I have in a measure proved that it does.

Mrs. Eddy wisely writes, "There are no greater miracles known to earth than perfection and an unbroken friendship." ⁷ Science shows us that the perfect and the unbroken are the only real. In the realm of Spirit there are no vacuums, nothing lost or alienated, never any separations from good. Yes, one can say, God is "my best, my ever Friend," ⁸ and when I see the Godlike in all I meet, then everyone becomes my friend, and I can experience an unbroken continuity of good.

¹ James 2:23; ² Isa. 45:5; ³ *Science and Health*, p. 266; ⁴ *ibid.*, p. 475; ⁵ Job 33:23; ⁶ Joel 2:25; ⁷ *Retrospection and Introspection*, p. 80; ⁸ *Christian Science Hymnal*, No. 224.

True Understanding— How Important It Is!

WILLIAM DOUGLAS ALDER

On the wall behind the Readers' desk in our branch Church of Christ, Scientist, these words from the Bible are painted: "With all thy getting get understanding."¹ Every time I enter the auditorium, I glance at that quotation, and it never fails to inspire me. There is joy in understanding God and the real man, His reflection.

Christ Jesus taught man's sonship with God, and Mrs. Eddy shows clearly and convincingly in the Christian Science textbook, *Science and Health*, the coincidence between the divine Spirit and the real man, made in Spirit's likeness. We can practically apply this understanding of our true identity and coincidence with the Father. Convinced of our real being as God's children—spiritual and not material—we can go forward to demonstrate that the loved child of God is not involved in wrongdoing, sickness, or death.

When we look around us, what do we see or think we see? Mostly what we expect and perhaps fear, which is frequently sickness and sin—unless we are on guard to perceive the truth of man. It is only material thinking that sees evil and would tell us this is the truth. Spiritual understanding teaches us how to reason scientifically from a different basis. Mrs. Eddy states, as the sixth tenet of Christian Science, "And we solemnly promise to watch, and pray for that Mind to be in us which was also in Christ Jesus; to do unto others as we would have them do unto us; and to be merciful, just, and pure."² We therefore dismiss this belief of sin, sickness, and death for what the belief is—a dream without substance and completely untrue.

An erring mortal, at whom we may have looked askance, does not represent man in the image of God. Our understanding reveals this to us. We know this mortal image is but an illusion, completely

without substance or reality. Therefore, we can turn to the true understanding and be guided by the divine Mind.

The perfect man is the only true and substantial image. Nothing can hide the truth from us if we honestly pray and strive to know the reality of God, Truth, which banishes all fear and dispels the hypnotism of mortal beliefs.

A branch church was beginning to have a small attendance. One member noticed a tendency among several other members to gossip, criticize, and even to shirk their church duties. This individual asked a couple of other dedicated members to help her in seeing what was spiritually true of their church. They readily assented, and the three prayed, not to cure the other members of their attitudes and behavior, but to overcome their own feelings regarding the situation. This was, of course, the only way to tackle the challenge. The Bible states, "First cast out the beam out of thine own eye; and then shalt thou see clearly to cast out the mote out of thy brother's eye."³

Slowly the members appeared in a completely different light to the three workers. These three saw each member as the image of God, and the members responded. The errors simply melted away. A new spirit pervaded the membership. The difficulty was so completely overcome that people hardly remembered there had been a destructive element of mortal thinking among the members. Progressing from low attendance at the services, the church soon became comfortably full and has remained that way.

We go forward as we see ourselves and others, not in a mortal mist of sin, disease, and undesirable traits, but as man really is in Truth. It is of no use merely to declare the truth; we need to understand that we all are spiritual ideas and that God is expressing His perfect work in us. Then we can shed those mortal beliefs regarding our fellowmen. Unworthy traits appear only as real to us as we let them.

This realization of God's perfect work in and through us brings out the irrefutable truth in concrete ways. "With all thy getting get understanding." God will do the rest—in fact, it is already done.

¹ Prov. 4:7; ² *Science and Health*, p. 497; ³ Matt. 7:5.

About Grasshoppers

Evelyn M. Pinnell

Did you ever feel very small and believe that other people felt the same way about you? Well, over three thousand years ago there were some people feeling just like that, who described it as being "grasshoppers" in their own sight. But Caleb didn't feel that way. He lived at the time when Moses was leading the children of Israel to Canaan, the Promised Land. Moses sent him with eleven other men to spy out Canaan to see if it could be occupied.

When the spies returned, they told Moses that Canaan was a land flowing with milk and honey, and there were figs, pomegranates, and grapes there. They brought back some to show Moses and the people. But they said, "The cities are walled, and very great." And they described the men who lived there as being very tall and strong—like giants. And to top it off they told Moses, "We were in our own sight as grasshoppers, and so we were in their sight."¹ They evidently needed to know they were children of God. Everybody is a child of God. Nobody is a grasshopper!

But giants didn't worry Caleb. He and another man called Joshua said, "If the Lord delight in us, then he will bring us into this land."² And Moses listened to Caleb, who had listened to God. But most of the men thought they were like grasshoppers and were afraid, so it was many years before they went back to Canaan to live. Caleb, who "wholly followed the Lord,"³ was given a special portion of land as a reward. As the Bible says, "God hath not given us the spirit of fear; but of power, and of love, and of a sound mind."⁴ So when we face giant problems, let us remember what kind of spirit God, good, has given to us—the same spirit that Christ Jesus expressed and that filled him with great power.

In her book *Pulpit and Press* Mary Baker Eddy, who discovered Christian Science, tells us what we really, spiritually are. She says: "Who lives in good, lives also in God,—lives in all Life, through all space. His is an individual kingdom, his diadem a crown of crowns."⁵ So let's give up thinking of ourselves, or anyone else, as grasshoppers, and rejoice that we are the royal sons and daughters of our Father-Mother God. And claim our "crown of crowns."

¹ Num. 13:28, 33; ² 14:8; ³ Deut. 1:36; ⁴ II Tim. 1:7; ⁵ *Pul.*, p. 4.

ALONE—WITH COMPANY

*When thou wast under the fig tree,
I saw thee (John 1:48).*

He
invisible
silent
shared
my company once. I didn't know it.

There are no words
for perfect friendship.
I would rest beneath
this ancient tree and scan
new horizons.
This fig tree, buffeted by wind and rain,
never yields to either,
but rather
with fingered
roots
goes deeper for its nourishment.

So we again
must explore our secret hopes,
our deepest prayers—
finding there a timeless witness
to highest sense of life.

We too can find
the richest company
in presence of the Christ,
freighted with joys
that cannot fade, but own
our very being.
The flesh was never barrier to his sight.
His holy recognition is in thought alone.

GERALD STANWELL

Editorials



GEOFFREY J. BARRATT
Editor

NAOMI PRICE
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The Unique Answer to Discouragement

The story of Joseph is familiar to Bible readers—the jealousy of his brothers, his being sold into slavery, his meeting of obstacles and disappointments, his final status of power and influence, second only to the king—a situation he used to brilliantly good purpose. A salient point is this: he proved that no situation—no matter how devastating and bleak it seemed—was the final state of affairs, because he dealt with these situations as having abundant potential to prove spiritual truths of God or good.¹

Mary Baker Eddy, in her discovering and establishing of Christian Science and its church, faced and overcame formidable circumstances which those with less spiritual vision might have shrunk from. Surely, Joseph would have approved the deeply felt assurance she has given us in these times: “Remember, thou canst be brought into no condition, be it ever so severe, where Love has not been before thee and where its tender lesson is not awaiting thee. Therefore despair not nor murmur, for that which seeketh to save, to heal, and to deliver, will guide thee, if thou seekest this guidance.”²

No matter what the source of our discouragement, the answer is available. A good first step in finding new assurance is to admit this point: God is all-powerful, and His universe and man always evidence this omnipotence. “Nothing is more disheartening,” Mrs. Eddy explains in *Science and Health with Key to the Scriptures*, “than to believe that there is a power opposite to God, or good, and that God endows this opposing power with strength to be used against Himself, against Life, health, harmony.”³ Nothing is more

heartening than to affirm the reverse: that God is the only power.

Even if you can't at the moment see your way out of some maze, you can be sure of one point: there *is* a course you can take that will bring you through.

Divine Love's limitless power to save, heal, and guide will deliver you. More than that, Love has never let you drift outside its care, notwithstanding any evidence arguing the opposite.

Christian Science unwraps for us the unique gift of an understanding of God's omnipotence. Regardless of how persuasive the appearances of discord, Spirit is infinite, and man is always included in that infinitude. There is no evidence of disease or failure we need accept as immovable. What *is* immovable is the perfection of God and man.

What must we do to prove this? We need to actively seek God's guidance, remembering we can be nowhere that Love is not already established. We need to be spiritual radicals, willing to look beyond material appearances and to acknowledge divine realities in their place.

This means, for example, insisting that health is a God-given and inalienable right of immortal man instead of letting the senses argue that man is mortal and ill. Encouragement and healing will be in direct proportion to the spiritual conviction we bring to bear on the exercise.

Man is always controlled by eternal good. No matter what loneliness, despair, or stress we're grappling with, the law of God's omnipotence is never infringed, and we can prove it by applying it. God's law is moment by moment enforcing itself throughout the infinite range of true being. There is not one corner, anywhere, where this law of good has not always been operating. We never have to reestablish divine law but to recognize that there has never in truth been a single thought or act that has broken it.

What could be more encouraging than even a momentary glimmer of these facts!

Christian Science introduces us to boundless encouragement because it is the Science of being. It is the Science that reveals to us the present, perfect condition of everything that truly exists. It is the lens through which we see how things actually are now and here. This Science opens our eyes to the substance, health, good,

that are with us today, despite what we perhaps have believed to the contrary. No matter how solid our conviction of illness or disappointment, these never really had the slightest connection with our God-created selfhood.

The more radical our admission of such facts, the more practical we prove them to be. Nothing is more useful than bringing our thought into accord with divine reality. Nothing is more effective than understanding that the law of God is irresistible. Nothing is more curative than understanding that health is as inseparable from man as man is from God. Nothing is more progressive than substituting the spiritual facts of being for the fears and garbage of mortal thought. This, surely, was the tenor of Christ Jesus' life, teachings, demonstrations.

The Christian Science solution to discouragement is unique because it is founded on divine oneness—the oneness and allness of God, and the unity of man with Him. When this oneness and unity are the basis of our prayer, then we leave disappointment and discouragement behind in the great adventure of discovering the infinite goodness that belongs to us always as the expression of God.

GEOFFREY J. BARRATT

¹ See Gen., Chaps. 37, 39–41; ² *The First Church of Christ, Scientist, and Miscellany*, pp. 149–150; ³ *Science and Health*, p. 380.

You Can Be Strong

Strength is derived from Spirit not from matter—from God, divine Mind, and not from muscles. This thought is proclaimed by Christian Science, and to many it may seem strange, even revolutionary—though it was known and proved and frequently declared by the patriarchs and prophets of ancient times. The words of the Bible remain to encourage us today. “The Lord God is my strength, and he will make my feet like hinds’ feet, and he will make me to walk upon mine high places.” ¹ “Thou hast strengthened the weak hands. . . . And thou hast strengthened the feeble knees.” ²

The feet, the hands, the knees (and elsewhere in the Bible are included the heart, the arms, and life itself)—God is attributed with power to strengthen them all, and for all. Everyone is invited to test this declaration by turning to God, omnipotent Spirit. “They that wait upon the Lord shall renew their strength,” we read in Isaiah. “They shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.”³ And over the centuries many have done so and rejoiced in the strength that has flowed to them in times of need, enabling them to accomplish what to mortal sense might have seemed impossible.

The scientific fact is that every individual in God’s creation reflects His qualities. Each one is His likeness and includes the strength of His might without limitation or exception. Weakness is unknown to the real man, and weakness in any form—either mental or physical—must become obsolete to humanity now. And it will as the Science of true being is progressively understood and practiced.

The strength that God imparts is infinite and eternal. It does not fluctuate but is perpetual in its limitless availability. There is no process to go through in order to obtain it. Spiritual strength is invariably present, and every child of God expresses it. If this fact does not yet appear to mortals, it is because false, material theories obscure and hinder its demonstration. As the truth is better known and accepted, it will progressively be proved that there is no such thing anywhere as a man or woman who is weak in any way.

According to mortal theory mankind is dependent on muscles, bones, and nerves for the ability to move, on brain for the power to reason and generate wisdom, courage, mental activity and accomplishment, and on material food, oxygen, and exercise to develop these components of the physical body. Since mortal belief is responsible for physical phenomena—indeed, matter in all its forms is the subjective state of mortal thought—while this belief of dependency exists, if food, oxygen, or exercise is missing, the body is likely to be weak and to continue to be so until the apparent deficiency is made up. But change the belief with the spiritual understanding of the ever-availability of divine power, and affirm this fact with conviction, and strength will immediately be renewed.

Mrs. Eddy writes in *Science and Health*, "Not muscles, nerves, nor bones, but mortal mind makes the whole body 'sick, and the whole heart faint;' whereas divine Mind heals." And she continues: "When this is understood, we shall never affirm concerning the body what we do not wish to have manifested. We shall not call the body weak, if we would have it strong; for the belief in feebleness must obtain in the human mind before it can be made manifest on the body, and the destruction of the belief will be the removal of its effects."⁴

As we grasp and begin to put into practice the fact of ever-present spiritual strength, we cease pleading weakness, either mental or physical, for ourselves or others. There is no such thing as a weak child of God. The resources of God's, Mind's, strength are within each individual and are therefore instantly available to humanity according to the need.

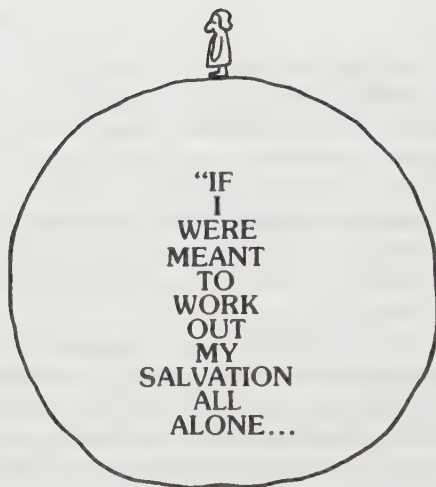
When the paralyzed man was brought to Christ Jesus, the Master healed him instantly. "Arise, and take up thy bed, and go thy way into thine house," was his command. And the gospel account continues, "Immediately he arose, took up the bed, and went forth before them all."⁵

There was no period of convalescence, no need for exercise or massage to reconstruct wasted muscles. Immediately the man found strength to carry his own bed and walk. Jesus applied the truth of being—the fact of man's present health and strength as God's reflection—and reversed the mortal belief of disease and weakness. The consequence was healing.

Spiritual strength is ever present, without limitation. It is never true to say one has reached the limits of physical strength or endurance, or that one is inadequate to carry out some demanding but necessary duty. Nor is it true to believe one lacks intelligence, courage, or moral stamina—or mental resources to resist the mesmerism of some temptation or addiction. The strength of the divine Mind is always reflected by man, and by claiming it we can prove that we have it in any form we need.

NAOMI PRICE

¹ Hab. 3:19; ² Job 4:3, 4; ³ Isa. 40:31; ⁴ *Science and Health*, p. 219; ⁵ Mark 2:11, 12.



there wouldn't be anyone else around, would there?" This is the way one young woman, after several years of wrestling with the problem of "organization," finally got a grip on it.

She realized that working alongside others, helping and being helped by them, and exchanging ideas, is an essential part of her spiritual growth.

It not only gives her a sense of companionship and a constantly enlarging sense of what man, as God's infinite reflection, is. But it stretches and tests her patience and love in needful ways.

She wonders now, she says, how she could ever have felt that "belonging" would slow her progress. And she appreciates the forms of organization outlined in the Church Manual more all the time.

You can join with others in the ways Mary Baker Eddy provided, too: branch church, university or college organization, The Mother Church. For a Mother Church application form, ask any listed practitioner or branch church clerk. Or write to:

Clerk of The Mother Church, The First Church of Christ, Scientist,
Christian Science Center, Boston, MA, U.S.A. 02115.

Testimonies of Christian Science Healing

When our third child started kindergarten, he had a wonderful healing in Christian Science. He was accidentally struck in the face with a baseball bat, and his nose was injured. We called a Christian Science practitioner, started praying immediately, and made the child comfortable on his bed. He was patient and comfortable that night and continued to be patient, showing no signs of pain, the whole two weeks following, while, in his words, God was "fixing" his nose.

Later in the evening of the day this occurred, I gained stability by holding fast to the command Moses gave the children of Israel at the impasse of the Red Sea (Ex. 14:13), "Fear ye not, stand still, and see the salvation of the Lord" I looked up the rest of the verse and found: "which he will shew to you to day: for the Egyptians whom ye have seen to day, ye shall see them again no more for ever." During this time I acknowledged that the salvation of the Lord was going to be shown to us. In *Science and Health with Key to the Scriptures* Mary Baker Eddy defines "salvation" as "Life, Truth, and Love understood and demonstrated as supreme over all; sin, sickness, and death destroyed" (p. 593). I reasoned in this instance that the "Egyptians" we were not going to see then or ever again were material methods of healing. We continued to pray, and there was a perfect healing. During this time I reminded myself often of Mrs. Eddy's words (*ibid.*, p. 264), "Where shall the gaze rest but in the unsearchable realm of Mind?"

The statements made in these testimonies with regard to healings have been carefully verified. The original testimonies and their respective verifications are on file for reference with The Christian Science Publishing Society.—THE EDITORS.

The child's black eyes and the swelling gradually disappeared, and his nose that was flattened gradually resumed its normal shape. During the school year that followed he reflected so much of his spiritual identity that he received perfect grades, and his kindergarten teacher, not knowing all the above, sometimes called him "Mr. Perfect." This healing, along with his learning to read that next summer, brought him the early blessing of a desire to read the *Christian Science Quarterly—Bible Lessons*. So as a first-grader he was reading a section of the lesson each morning before school.

When he was in the second grade and losing his baby teeth, we had another fine healing in Christian Science. His lower teeth had always closed over his uppers, and we wanted to prevent this condition from happening again. We knew, in the words of a hymn, "Love's work and Love must fit" (*Christian Science Hymnal*, No. 51). We also prayed over statements of truth like this one in *Science and Health* (p. 428): "A demonstration of the facts of Soul in Jesus' way resolves the dark visions of material sense into harmony and immortality." Later, dental X rays confirmed this demonstration of Christian Science healing by showing the perfect inner alignment and construction of teeth and nose. At this writing, his permanent teeth have made their appearance properly and are closing as they should. Christian Science—what a precious blessing!

(Mrs.) NANCY G. COLLINS
Arcadia, California

I'm in third grade now—and still reading the lesson! I love the stories for children in the *Sentinels* too. This week when my mom was cleaning out her *Sentinel* cupboard, I read some old ones. I especially liked one on the subject of motorcycling with God. This weekend I rode my minibike on the desert. Here's a really good, true story that proves God is with us all the time and shows how God is everywhere. I was on my minibike going at a good speed. I was going through a flatland when all of a sudden there was a big bump and my hands went flying all over the place and I couldn't find the steering bar. Very quickly I found it again and felt that God was there. I was motorcycling with God too. Another

Sentinel article I liked asked the question, "Do you ever count your blessings?" It helped my mom and me write this testimony. I'm grateful for the blessings we've counted here—and for many, many more.

PHILIP G. COLLINS



When my mother passed on in 1953, my grief was intense. She and I had studied and prayed together and had enjoyed the fruitage our work and the increasing understanding of Christian Science brought to us. Her passing, however, left me with a feeling of emptiness and loneliness. I suffered emotionally with a heavy sense of self-condemnation. Nevertheless, I thirsted for the truth that opened to me through daily study of the Bible Lesson in the *Christian Science Quarterly*, and of Mrs. Eddy's writings, and through reading the Christian Science periodicals. Like Paul, in the Bible, I saw the way—got a true sense of direction—when the truth that was being poured into my consciousness became clear enough to me to cause the disturbed sense to yield to a higher spiritual attainment.

Giving up mistaken belief, I was able to see that only the outward sense of things had changed, but that my mother's spiritual identity was with our heavenly Father, where it had always been, undying and forever free. I realized that the true idea, man, was unfolding throughout all eternity and that to continue in grief would be to limit my own development and progress. Accepting the true concept of impersonal God and man gave me a truly loving experience. God's angel thoughts filled the void, and I was inspired to redouble my efforts at Christian living to share with those around me something of God's loving-kindness and enduring mercy. There was no opportunity for grief in the joy of the beautiful view of life! Refreshed by a more scientific sense of life, I felt the burden drop away and rejoiced in the healing.

Christian Science came to me very early in life when my father was healed of stomach trouble. When I was ten years old I had a serious case of typhoid fever. There was much outside interference from relatives and friends, who feared that nothing was being done to cure me. But my parents were able to take their stand, even as

death threatened, to continue with Christian Science treatment. I received my healing soon thereafter. After my healing, a brother came down with the same disease. But in less than a week he was out of bed and about the place; expressing his natural enthusiasm about the new crop of corn, he walked through the fields to see their tender shoots.

I have had many beautiful healings in Christian Science. My first testimony appeared in the *Sentinel* of December 30, 1950. In that testimony I related the healing of an internal growth. The healing took place while I was attending a Christian Science lecture.

I am evermore grateful to God for Christ Jesus, the master Christian, and for Mrs. Eddy, the Discoverer and Founder of Christian Science.

(Mrs.) GOLDIE SHEW
San Antonio, Texas



It is with much joy that I acknowledge in this testimony the infinite supply God is constantly giving to His idea, man, and my healing of prolonged anxiety through recognition of this sublime fact.

In August 1975 I moved out of New York City in order to attend graduate school. I had secured a lovely apartment for myself in my new location, but no provision for employment was made at the time I secured the apartment. Because of my study commitments, I knew I would be able to work only three days a week. A great deal of anxiety accompanied my move. After settling into my new home, I was told it would not be possible for me to find part-time employment as a teacher. Such positions were rare, and in my field there were no part-time openings.

I spent the first two months thoroughly studying the Bible and the writings of Mrs. Eddy. I often studied during the night, as I was able to sleep for only two or three hours. The anxiety seemed to remain with me, but my faith in the truth of God's beneficent laws and government became more solidified through my continued application of Christian Science and the prayerful help of a Christian Science practitioner. For employment I began doing substitute

teaching on a part-time basis. I also began my graduate work.

With the practitioner's continued metaphysical support, I soon was offered a full-time teaching position in my field. Because of my graduate studies, I had to turn down the position, and I told the local board of education that I was able to work only on a three-day basis. It took courage to turn down this position. In doing so, I knew that my faith had grown enormously.

Shortly thereafter I was called upon to help neighbors who were quarreling. With spiritual conviction I spoke thoughtfully to one man and tried not to show any fear. He returned to his apartment, his whole attitude changed, and he sheepishly apologized to me. Even before this confrontation, I had realized that the anxiety I had felt regarding my own situation was disappearing.

Two days after this incident I received a phone call regarding a teaching position for three days a week, which I gratefully accepted. The appointment has been most rewarding to me, as I work with inner-city children in a unique way. Meanwhile, my doctoral studies have yielded excellent grades.

Anxiety was healed by my realization that spiritual man is a perfect reflection of perfect God. Colds and fever have also been healed by my application of Christian Science.

I am most grateful for membership in The Mother Church and a branch church, for class instruction, and for the knowledge that if we seek God first, all things shall indeed be added unto us (see Matt. 6:33).

ALAN PEARLMUTTER
Baltimore, Maryland



I wish to express my humble gratitude for Christian Science and for Mrs. Eddy, the author of *Science and Health with Key to the Scriptures*, and for the wonderful truths in this book. I was raised in Christian Science, and my mother used to take us every week to Sunday School. On the way we had to transfer and take another trolley. The trip took an hour each way; but this was never too much trouble for my mother, and we all looked forward to going each week.

The healing I would like to share took place ten years ago. I had noticed two bumps, one on my head behind my ear and the other in a breast. I ignored them, thinking they would go away, but within three or four months they grew larger. We had moved into a new home, and I was so busy with my baby and the new home I kept telling myself that when everything was settled I would get to specific studying of Christian Science to eliminate this problem.

Then one day while I was cooking dinner I heard an advertisement on the television that described symptoms of a dread disease. I was manifesting several of the symptoms described. I was so taken aback that for three days I was overwhelmed by this startling news.

When I gathered myself together, I called a Christian Science practitioner in a nearby city who had helped another member of my family. He spoke to me of many spiritual truths that allayed my fears. He told me of God's presence and His plan for me, and that lumps, malignancy, or whatever this error appeared to be were certainly not His plan; nor did God know of a mortal illness, because He did not make it. The Bible states (Gen. 1:31), "God saw every thing that he had made, and, behold, it was very good." Neither one of these manifestations could be put into the "good" category, and so were not real; nor did we have to deal with matter as real. We were to recognize the total unreality of the condition and that its only existence was in mortal mind. My fear was largely dispelled at this time, and I realized this malady had no power over me. Whenever I felt any fear creeping in, I would telephone the practitioner, and instantly he would dispel it.

I was encouraged to read the Bible Lesson in the *Christian Science Quarterly* every day, to read from *Science and Health* and the religious periodicals Mrs. Eddy founded. This practitioner wrote me several times a week, and he always turned my thought to the Bible verse, "I can do all things through Christ which strengtheneth me" (Phil. 4:13). I will never forget this truth, as it applies to all of us.

I was told not to touch those two areas on my body nor look at them. Mrs. Eddy in *Science and Health* gives us this promise (p. 463): "A spiritual idea has not a single element of error, and this truth removes properly whatever is offensive." After a couple of months of the practitioner's prayerful work and my deep study,

I began to feel so joyous and happy—such a tremendous sense of well-being! All this time I was obedient, and I had not looked at, nor felt, the areas. I cannot tell when this healing took place, but about three months later, when washing these areas, I noticed the lumps were gone.

Due to the inspiration and joy I felt as a result of this healing, I had to learn more of this wonderful scientific truth. I was guided within the year to Christian Science class instruction, which has inspired and led me through many beautiful solutions—not problems.

Gratitude is certainly a quality I have worked with for many years, for with gratitude there is no room for error of any kind. My gratitude abounds for the harmonious births of my three children at home. I am thankful for loving ministrations of the Christian Science nurses and the Christian Science practitioners, who truly live the spirit of the Christ; and especially for devoted teachers who are readily accessible to their students at any time.

(Mrs.) KAREN KIMBRELL HAYDEN
Manchester, Missouri



I give heartfelt gratitude for the many benefits and blessings that have been mine as a lifelong student of Christian Science.

I am certain that I have been protected and brought through unknown dangers. A wonderful example of this occurred when I served as a counselor in a summer camp. Each night for a week, as I walked back to my cabin of girls, I had to vigorously deny the fear of poisonous snakes. Though this area was not known to have these snakes, I prayed until I felt totally secure in God's keeping. At the end of the week, a large poisonous snake was discovered not more than one hundred feet from our door. My gratitude for our protection was great!

As a young teen-ager, I found healing could be brought to dental problems. I had always had good teeth, but on one occasion I was seized by great fear as I sat in a dentist's outer office. I turned to God in deep prayer. I don't recall the specifics of this prayer, but when I entered the dentist's chair, he was unable to find the cavities he had intended to fill. Through the years my knowledge in Chris-

tian Science of man's spiritual substance as God's idea, which is without decay, has been a great protection to me.

I would like to mention briefly that while studying in college I have received wonderful insight into the power of the one Mind, God. My need for ideas while writing papers and taking exams was always bountifully met. While taking a required course, I saw my confusion clear up as I daily declared that I derived from Mind the necessary qualities to succeed: clear thinking, alertness, preciseness, and intelligence. My work was elevated from the lowest level of performance to the highest.

I have had healings of influenza in severe form, colds, and an arm injured in a fall. Though the latter healing was not quick, my arm straightened as my fear dissolved and my trust in God increased. I give special thanks to the kind Christian Science practitioners who have always willingly given me help in times of need.

For these and many more blessings too numerous to mention, I give deep gratitude to God for Christ Jesus, the Way-shower, and for Mrs. Eddy, who discovered the Science of his healing work. Opportunities to serve the Cause through branch church membership and participation in college organizations have been both appreciated and useful.

(Mrs.) ELEANOR LINCOLN HEWITT
Wintersville, Ohio



When I first began relying on Christian Science, I was smoking cigarettes. I had learned to love God enough to not want to smoke anymore, but I was unable to stop. While I was seeing a Christian Science practitioner for an altogether different problem, the practitioner, in his prayer for me, understood my identity to be so completely separate from anything unlike God that when I left his office I never wanted to smoke again. And I haven't smoked since this healing occurred in 1969. How grateful I am for the dedicated work of the Christian Science practitioners!

Through gratitude for this healing, I applied and became a member of both The Mother Church and a branch church near my home.

In the Bible we read (Rev. 10:8, 9): "Go and take the little book which is open in the hand of the angel which standeth upon the sea and upon the earth. And I went unto the angel, and said unto him, Give me the little book. And he said unto me, Take it, and eat it up; and it shall make thy belly bitter, but it shall be in thy mouth sweet as honey."

A few years ago, as New Year's Day was approaching, I made a resolution to study ten pages every day in *Science and Health* by Mrs. Eddy, and to read it and reread it until I solved an employment problem. I was engaged in work, at the time, that was unpleasant and unsatisfying for me.

After I finished the first reading of *Science and Health*, an ad for employment on television stood out to me. I applied for the work but did not receive the job. I went back to pondering *Science and Health* every day. After completing the second reading, another type of employment looked promising but did not work out. Much that was erroneous in my thought was being cleared out through study of this precious book. During the third reading of *Science and Health* I received a call and was asked if I would like the job I had applied for upon completing this book the first time.

I am constantly grateful for this, for I have become a more reliable worker through placing my reliance on God, eternal Truth, unerring Principle.

I am grateful to the author, Mrs. Eddy, for writing *Science and Health*, because here everyone can have the opportunity to learn of the healing power of infinite Love, God. I am grateful for the many avenues Mrs. Eddy has opened for us to learn of the healing power of Christian Science and for the dedicated people who are carrying on this work.

The life of Christ Jesus in the Bible, Mrs. Eddy's writings, the *Christian Science Quarterly*—*Bible Lessons*, church membership, church services, lectures, the Christian Science periodicals, and class instruction have been a source of great spiritual enrichment to me in learning more of God and His healing power through the demonstration of Christian Science.

(Mrs.) SARAH MARGARET ENGELHARDT
Byron, Illinois

Christian Science Lectures



Everyone is cordially invited to these free lectures.

‡ Indicates Children's Room available during lectures. Details should be obtained locally.

ENGLAND

DORSET—Bournemouth: Town Hall, St. Stephens Rd., 7.30 p.m., Thurs., Dec. 1. "The Divine Adventure" (Wyndham)

GREATER LONDON—Bromley: Church, 54-B Widmore Rd., 8 p.m., Fri., Dec. 2.‡ "The Divine Adventure" (Wyndham)

Croydon: Church, Dingwall Rd., 8 p.m., Mon., Nov. 28. "The Law of Christian Science Healing" (Thorneloe)

HERTFORDSHIRE—Berkhamsted: Civic Centre, High St., 3 p.m., Sun., Dec. 4.‡ "The Divine Adventure" (Wyndham)

KENT—Gravesend: Masonic Hall, Wrotham Rd., 3 p.m., Sat., Dec. 3.‡ "The Divine Adventure" (Wyndham)

LONDON—Kensington (Second, London): Town Hall, Hornton St., 7.30 p.m., Mon., Dec. 5. "The Divine Adventure" (Wyndham)

UNITED STATES

(Week of November 13 to 19,
and some earlier and some later dates)

ARKANSAS—Fort Smith: Church, 1800 S. Albert Pike, 8 p.m., Tues., Nov. 15.‡ "A New Beginning" (Jenks)

Mountain Home: Church, 315 E. Third St., 3 p.m., Sun., Nov. 13.‡ "A New Beginning" (Jenks)

Rogers: First Christian Church, 905 S. 13th St., 8 p.m., Mon., Nov. 14.‡ "Something to Depend On" (Jenks)

CALIFORNIA—Bakersfield: Church, 18th and C Sts., 3 p.m., Sun., Nov. 13.‡ "Claim Your Real Inheritance" (Tuttle)

Barstow: Church, 1600 Armory Rd., 8 p.m., Mon., Nov. 14.‡ "Honesty—The Power of Its Deeper Dimension" (Rennie)

Gardena: The lecture scheduled for October 28 has been canceled.

Oroville: Central School, 2565 Mesa Ave., 3 p.m., Sun., Nov. 13.‡ "Eternity Now" (Angus)

Redondo Beach: Church, 527 S. Broadway, 8 p.m., Thurs., Nov. 17.‡ "Honesty—The Power of Its Deeper Dimension" (Rennie)

San Bernardino: Church, 736 N. E St., 7.30 p.m., Tues., Nov. 15.‡ "Honesty—The Power of Its Deeper Dimension" (Rennie)

San Francisco (First): Church, 1700 Franklin and California Sts., 8 p.m., Fri., Nov. 18.‡ "Claim Your Real Inheritance" (Tuttle)

Vista: Church, 1418 Calle Jules, 8 p.m., Fri., Nov. 18.‡ "Honesty—The Power of Its Deeper Dimension" (Rennie)

COLORADO—Arvada: North Arvada Junior High, 7285 Pierce, 8 p.m., Fri., Nov. 4.‡ "The Spiritual Basis of Health" (Ferris)

FLORIDA—Hollywood (First): Church, 1542 Harrison St., 8 p.m., Tues., Nov. 15.‡ "The Touch of Spirit" (Clarke)

Jacksonville (Second): Garden Club, 1005 Riverside Ave., 3 p.m., Sun., Nov. 13.‡ "Get Your Life in Balance" (Driver)

Jacksonville (Fourth): Prudential Auditorium, 841 Prudential Dr., 8 p.m., Fri., Nov. 18. "The Life That Is Worth Living" (Henniker-Heaton)

Lauderdale-by-the-Sea: Beach Park, outdoors, El Mar Dr., one blk. north of Commercial Bldg., across from Jarvis Town Hall, 8 p.m., Mon., Nov. 14.‡ "The Touch of Spirit" (Clarke)

Miami (Second): Church, 3840 Main Hwy., Coconut Grove, 8 p.m., Thurs., Nov. 17.‡ "Let's Choose Heaven Here" (Curtis)

Naples: Church, 649 Central Ave., 8 p.m., Mon., Nov. 14.‡ "The Life That Is Worth Living" (Henniker-Heaton)

FLORIDA (continued)

Palm Springs (First, Lake Worth): Palm Springs Shopping Ctr., Dolphin Theatre, 3401 Congress Ave., 10.30 a.m., Sat., Nov. 19. "Loving to Live" (Curtis)

Pensacola: Scottish Rite Temple, Palafox and Wright Sts., 8 p.m., Thurs., Nov. 17.‡ "The Life That Is Worth Living" (Henniker-Heaton)

Pompano Beach: Church, 2400 N.E. 12th St., 8 p.m., Fri., Nov. 18.‡ "No, You're Not Trapped!" (Leever)

Tampa (Second): Church, 1310 W. Linebaugh Ave., 8 p.m., Tues., Nov. 15.‡ "The Life That Is Worth Living" (Henniker-Heaton)

Winter Haven: Church, 652 Avenue L, N.W. (near Sixth), 8 p.m., Thurs., Nov. 17.‡ "The Touch of Spirit" (Clarke)

GEORGIA—Athens: See local notice for place. 8 p.m., Thurs., Nov. 17. "Humanity's Link with God" (Plimmer)

Atlanta (Second): Church, 3372 Peachtree Rd., N.E., 11 a.m., Sat., Nov. 19.‡ "Keeping Pace with God" (Plimmer)

ILLINOIS—Benton: Church, Washington and Maple Sts., 8 p.m., Fri., Nov. 18.‡ "Something to Depend On" (Jenks)

Chicago (Seventeenth): Church, 55 E. Wacker Dr., 12 m., Tues., Nov. 15.‡ "Your Unlimited Opportunities" (McGrew)

Joliet: Church, 611 Springfield Ave., 3 p.m., Sun., Nov. 13.‡ "The Search for Life" (McGrew)

KENTUCKY—Paducah: Church, 504 Joe Clifton Dr., 3 p.m., Fri., Nov. 18.‡ "The Search for Life" (McGrew)

LOUISIANA—Shreveport (First): Centenary College, Hurley Music Bldg., Woodlawn St., 8 p.m., Sat., Nov. 19.‡ "The Search for Life" (McGrew)

MICHIGAN—Livonia (First, Farmington): Clarenceville High School, 20155 Middlebelt, 8 p.m., Thurs., Nov. 17.‡ "Mary Baker Eddy's Challenge to Materiality" (Spencer)

Royal Oak: Church, 900 W. Fourth St., 8 p.m., Fri., Nov. 18.‡ "Evil: Its Nature and Demise" (Spencer)

Saginaw: Church, 523 Hayden and Warren Sts., 8 p.m., Tues., Nov. 15.‡ "Evil: Its Nature and Demise" (Spencer)

Warren: Warren Woods High School, 13400 Twelve Mile Rd., 3 p.m., Sun., Nov. 6.‡ "Let My People Go" (White)

MISSOURI—Ferguson: Church, 29 Randolph Ave., 8 p.m., Thurs., Nov. 17.‡ "Something to Depend On" (Jenks)

NEVADA—Las Vegas: Convention Center, Gold Rm., 3150 S. Paradise Rd., 2 p.m., Sun., Nov. 13.‡ "Honesty—The Power of Its Deeper Dimension" (Rennie)

NEW MEXICO—Rio Rancho: Haynes Recreation Center, 2004 Grande Blvd., S.E., 7 p.m. Sun., Nov. 13. "Diana or Christ?" (Aghamalian)

Roswell: Military Institute Chapel, College Blvd. and N. Main, 8 p.m., Tues., Nov. 15.‡ "Diana or Christ?" (Aghamalian)

NEW YORK—Fulton: Church, 4 Morin Dr., 8 p.m., Thurs., Nov. 17. "What's Your Greatest Need?" (Alton)

Rochester (Third): Eisenhart Auditorium, Museum and Science Ctr., 657 East Ave., 8.15 p.m., Tues., Nov. 15. "God Is Your Provider" (Alton)

NORTH CAROLINA—Raleigh: Woman's Club, 3300 Woman's Club Dr., 8 p.m., Mon., Nov. 14.‡ "The Healing of Moral Weakness" (Plimmer)

Salisbury: Hedrick Little Theatre, Catawba College, W. Innes St., 3 p.m., Sun., Nov. 13. "Loving to Live" (Curtis)

OHIO—Avon Lake: High School, 175 Avon Belden Rd., 3 p.m., Sun., Nov. 13.‡ "The Spiritual Viewpoint" (Correll)

Berea: Roehm Junior High, Bagley and Pleasant Sts., 8 p.m., Fri., Nov. 18.‡ "The Spiritual Viewpoint" (Correll)

Bucyrus: Church, 309 S. Walnut St., 8 p.m., Thurs., Nov. 17. "The Spiritual Viewpoint" (Correll)

Canton: Church, 1014 Cleveland Ave., N.W., 8 p.m., Tues., Nov. 15.‡ "The Spiritual Viewpoint" (Correll)

Cincinnati (First): Church, 2315 Park Ave., 8 p.m., Mon., Nov. 14.‡ "Good Without Evil" (White)

OHIO (continued)

Cleveland (Fifth): Church, 11623 Lake Ave., 3.30 p.m., Sun., Nov. 13.‡ "Let My People Go" (White)

Lorain: Church, 2203 Meister Rd., 3 p.m., Sun., Nov. 13.‡ "Evil: Its Nature and Demise" (Spencer)

Lyndhurst: Charles F. Brush High School, Evanston Rd. (off Mayfield Rd.) (behind church, 4807 Mayfield), 8 p.m., Mon., Nov. 14.‡ "The Spiritual Viewpoint" (Correll)

Toledo (First): Epworth United Methodist Church, 3077 Valleyview Dr., 8 p.m., Mon., Nov. 14.‡ "Evil: Its Nature and Demise" (Spencer)

Troy: Church, 1509 W. Main St., 8 p.m., Thurs., Nov. 17.‡ "The Search for Life" (McGrew)

OREGON—Ashland: Angus Bowmer Theatre, 15 S. Pioneer, 8 p.m., Tues., Nov. 15.‡ "Eternity Now" (Angus)

Corvallis: Highland View Junior High, 1920 N.W. Highland Dr., 8 p.m., Thurs., Nov. 17.‡ "Become What You Are!" (Rogers)

Oregon City: Clackamas Community College, 19600 S. Molalla Ave., 2 p.m., Sat., Nov. 19.‡ "From Hell to Heaven" (Rogers)

Roseburg: Church, 1124 S.E. Douglas Ave., 8 p.m., Thurs., Nov. 17.‡ "Eternity Now" (Angus)

Seaside: Church, 727 Second Ave., 3 p.m., Sat., Nov. 19.‡ "Eternity Now" (Angus)

Springfield: High School, 875 N. Seventh St., 8 p.m., Fri., Nov. 18.‡ "The Family of Man" (Rogers)

SOUTH CAROLINA—Aiken: Church, 433 Whiskey Rd., S.W., 8 p.m., Mon., Nov. 14.‡ "Let's Choose Heaven Here" (Curtis)

Charleston: Church, 137 Moultrie St., 8 p.m., Tues., Nov. 15.‡ "Christian Science: The Christian's Best Friend" (Plimmer)

SOUTH DAKOTA—Huron: Church, Ninth and Lincoln, S.W., 8 p.m., Thurs., Nov. 3.‡ "Claim Your Real Inheritance" (Tuttle)

TENNESSEE—Memphis (Second): White Station High School, 514 S. Perkins Rd., 8 p.m., Tues., Nov. 15. "Let's Choose Heaven Here" (Curtis)

TEXAS—Amarillo: See local notice for place. 8 p.m., Mon., Nov. 14.‡ "Diana or Christ?" (Aghamalian)

Dallas (Fifth): Hotel Statler Hilton, 1914 Commerce St., 12 m., Tues., Nov. 15.‡ "Are You Looking in the Right Direction?" (Rivas)

Del Rio: Church, Broadway and Griner Sts., 4 p.m., Sun., Nov. 13.‡ "The Power of God" (Rivas)

Houston (Sixth): Sam Houston Rm., Student Ctr., Univ. of Houston, 7.30 p.m., Fri., Nov. 18.‡ "The Power of God" (Rivas)

Houston (Seventh): Rogers Junior High, 5840 San Felipe, 8 p.m., Tues., Nov. 15.‡ "Reality: Matter or Mind?" (Ferris)

Midland: Church, 1001 W. Tennessee and N. C St., 4 p.m., Sun., Oct. 30.‡ "Honesty—The Power of Its Deeper Dimension" (Rennie)

Odessa: Church, 3043 E. University, 8 p.m., Thurs., Nov. 17.‡ "Diana or Christ?" (Aghamalian)

Port Arthur: Church, 3439 Thomas Blvd., 8 p.m., Mon., Nov. 14.‡ "Ethics for Today" (Ferris)

San Angelo: Massie Club House, S. Abe and Washington Sts., 8 p.m., Thurs., Nov. 17.‡ "The Spiritual Basis of Health" (Ferris)

San Antonio (Second): Colonies North Theatre, 3717 Colony Dr., 10 a.m., Sat., Nov. 19.‡ "Diana or Christ?" (Aghamalian)

Tyler: Harvey Hall, E. Texas Fairgrounds, W. Front St., 3 p.m., Sun., Nov. 13.‡ "The Spiritual Basis of Health" (Ferris)

Victoria: Church, 302 W. Stayton Ave., 8 p.m., Mon., Nov. 14.‡ "The Power of God" (Rivas)

WASHINGTON—Purdy: Peninsula High School, Performing Arts Bldg., 6318 144th St., N.W., 3 p.m., Sun., Nov. 20.‡ "Become What You Are!" (Rogers)

WASHINGTON (continued)

Seattle (Twelfth): Blaine Junior High, 2550 34th, W., 11 a.m., Sat., Nov. 26.‡ "Eternity Now" (Angus)

Seattle (Thirteenth): Ingraham High School, 1819 N. 135th St., 8 p.m., Tues., Nov. 15.‡ "From Hell to Heaven" (Rogers)

Spokane (Second): Church, W. 806 Indiana Ave. and Post St., 3 p.m., Sun., Nov. 13.‡ "Become What You Are!" (Rogers)

Tacoma (Second): First Church of Christ, Scientist, Division Ave. and I St., 8 p.m., Thurs., Nov. 10. "Claim Your Real Inheritance" (Tuttle)

WEST VIRGINIA—Huntington: Church, 11th Ave. and 12th St., 3.30 p.m., Sun., Nov. 13.‡ "No, You're Not Trapped!" (Leever)

WISCONSIN—Waukesha: Shattuck Hall, Carroll College, 100 N. East Ave., 8 p.m., Mon., Nov. 14.‡ "The Search for Life" (McGrew)

[These lectures are given by members of the Board of Lectureship of The Mother Church, The First Church of Christ, Scientist, in Boston, Massachusetts, U.S.A.]

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The receipt of all information from the United States and Canada is acknowledged by the Editorial Department. If an acknowledgment is not received within two weeks, a duplicate notice should be forwarded.

For lecture announcements to be published in the *Herald*, please refer to information on the back of the Lecture Information forms supplied to branch churches.

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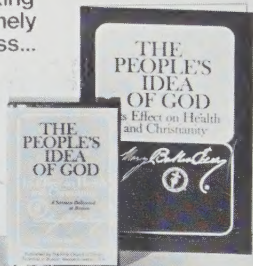
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